



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09439, USDA Commodity pears, canned, juice pack, drained

Report Date: July 01, 2017 03:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	86.26	4	0.462	84.9	86.84	3.0	84.793	87.732	1	Analytical or derived from analytical	--	06/2006
Energy	kcal	51	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Energy	kJ	211	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Protein ¹	g	0.34	4	0.018	0.31	0.37	3.0	0.287	0.4	1	Analytical or derived from analytical	--	06/2006
Total lipid (fat) ¹	g	0.19	4	0.012	0.16	0.22	3.0	0.151	0.229	1	Analytical or derived from analytical	--	06/2006
Ash ¹	g	0.29	4	0.035	0.19	0.34	3.0	0.177	0.403	1	Analytical or derived from analytical	--	06/2006
Carbohydrate, by difference	g	12.91	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2006
Fiber, total dietary ¹	g	2.2	4	0.157	1.9	2.5	3.0	1.705	2.704	1	Analytical or derived from analytical	--	06/2006
Sugars, total ¹	g	8.27	4	0.372	7.71	9.33	3.0	7.089	9.456	1	Analytical or derived from analytical	--	06/2006

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Sucrose 1	g	0.67	4	0.078	0.44	0.81	3.0	0.417	0.914	1	Analytical or derived from analytical	--	06/2006
Glucose (dextrose) 1	g	2.01	4	0.288	1.65	2.86	3.0	1.09	2.923	1	Analytical or derived from analytical	--	06/2006
Fructose 1	g	5.40	4	0.164	5.16	5.89	3.0	4.881	5.923	1	Analytical or derived from analytical	--	06/2006
Lactose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	06/2006
Maltose 1	g	0.20	4	0.125	0.07	0.57	3.0	-0.198	0.595	1	Analytical or derived from analytical	--	06/2006
Galactose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	06/2006
Minerals													
Calcium, Ca 1	mg	9	4	1.062	6	11	3.0	5.42	12.18	1	Analytical or derived from analytical	--	06/2006
Iron, Fe 1	mg	0.34	4	0.051	0.23	0.46	3.0	0.179	0.505	1	Analytical or derived from analytical	--	06/2006
Magnesium, Mg 1	mg	7	4	0.642	5	8	3.0	4.632	8.718	1	Analytical or derived from analytical	--	06/2006
Phosphorus, P 1	mg	9	4	0.802	7	11	3.0	6.671	11.779	1	Analytical or derived from analytical	--	06/2006

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Potassium, K 1	mg	99	4	8.583	78	120	3.0	71.685	126.315	1	Analytical or derived from analytical	--	06/2006
Sodium, Na 1	mg	4	4	0.527	3	5	3.0	2.199	5.551	1	Analytical or derived from analytical	--	06/2006
Zinc, Zn 1	mg	0.14	4	0.012	0.11	0.16	3.0	0.101	0.179	1	Analytical or derived from analytical	--	06/2006
Copper, Cu 1	mg	0.030	4	0.000	0.03	0.03	3.0	0.03	0.03	1	Analytical or derived from analytical	--	06/2006
Manganese, Mn 1	mg	0.042	4	0.005	0.04	0.06	3.0	0.026	0.058	1	Analytical or derived from analytical	--	06/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.3	4	0.000	0.3	0.3	3.0	0.325	0.325	1	Analytical or derived from analytical	--	06/2006
Thiamin 1	mg	0.020	4	0.001	0.02	0.02	3.0	0.016	0.023	1	Analytical or derived from analytical	--	06/2006
Riboflavin 1	mg	0.046	4	0.020	0.01	0.08	3.0	-0.018	0.111	1	Analytical or derived from analytical	--	06/2006
Niacin 1	mg	0.218	4	0.015	0.18	0.24	3.0	0.17	0.265	1	Analytical or derived from analytical	--	06/2006
Pantothenic acid 1	mg	0.041	4	0.000	0.04	0.04	3.0	0.041	0.041	1	Analytical or derived from analytical	--	06/2006

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Vitamin B-6 ¹	mg	0.016	4	0.000	0.02	0.02	3.0	0.016	0.016	1	Analytical or derived from analytical	--	06/2006
Folate, total ¹	µg	1	4	0.500	0	2	3.0	-1.091	2.091	1	Analytical or derived from analytical	--	06/2006
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Folate, food ¹	µg	1	4	0.500	0	2	3.0	-1.091	2.091	1	Analytical or derived from analytical	--	06/2006
Folate, DFE	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/2008
Vitamin E (alpha-tocopherol) ¹	mg	0.20	4	0.023	0.14	0.25	3.0	0.126	0.269	1	Analytical or derived from analytical	--	06/2006
Tocopherol, beta ¹	mg	0.01	4	0.004	0	0.01	3.0	-0.001	0.023	1	Analytical or derived from analytical	--	06/2006
Tocopherol, gamma ¹	mg	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	06/2006
Tocopherol, delta ¹	mg	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	06/2006
Vitamin K (phylloquinone) ¹	µg	0.3	4	0.041	0.2	0.4	3.0	0.17	0.43	1	Analytical or derived from analytical	--	06/2006
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Sources of Data													
¹ Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD													